

Letter of Advice

Ekwegwo Michelle Grace N

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Dear Chris,

I read your letter and it is very common for people to write about difficulties since the pandemic started. I have some tips and advice that could, hopefully, be helpful to you.

In your letter you said it was difficult to adjust to the school timetable since we have stopped doing Zoom. I agree it was very hard for a lot of us, including me, because we wouldn't have to wake up as early as we usually did. I think, to solve this problem, all we have to do is to let ourselves slowly adjust, which means you have to spend less time playing games all the time and try sleeping on time, because not sleeping and getting enough time to rest can cause insomnia which is kind of like being sleep deprived. Although Zoom lessons seem to be less stressful, they can also affect our daily life in different ways. For example, since Zoom is online we don't have to do a lot of stuff to prepare for school like waking up early and rushing to have breakfast so you won't be late. But, because of that, we become lazier and wind up doing the same thing every day which is probably going to backfire on us in the future. So, I think the best advice to give you for this problem is to try sleeping early so that you won't be tired in the morning. If you have trouble sleeping, try drinking a glass of warm milk. For the adjustment, I think time will slowly help you adjust. There's nothing we can do about it.

You mentioned that you live in Sai Kung which means you have to wake up earlier than most people and end up falling asleep in class due to loss of sleep. First, you need to calm down. The world isn't going to end just because you can't focus. Let me tell you, all you need to do is sleep early. I understand that you may have plenty of homework and lots of stress because you're going to have to pick and choose your elective subjects but I assure you everything's going to be alright. For the sleeping in class part, I think you should make a schedule so that you won't be slacking off in school. In the schedule, you should set a time to study and eat and also have breaks because everyone needs a break once in a while. For your electives, I think you should first think of subjects you're good at and the subjects you like. Then try to pick the subjects you know you can do. It might take a while but asking your parents for help may really help you.

I hope my advice helps you in every way that it can. I have faith in you.

Yours,

Jackie